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Tips to soothe and strengthen your nervous system.

When you have experienced trauma, your nervous system becomes heightened, dysregulated and unable to clearly evaluate situations without the perceived sense of threat and danger.

Even if you know you are emotionally and physically safe, when your trauma is triggered, your body will override this and respond in a way to keep you safe from feeling the core emotions attached to that trauma.

But no matter where you are on your journey, no matter how long ago you experienced your trauma or if it's still ongoing, you CAN begin to soothe and strengthen your nervous system right now.

And in doing so, you will enable your nervous system to build the flexibility to feel safer and be able to shift from feeling activated, back to a sense of calm and clarity with more ease.

**So here are some tips and techniques to help support,
soothe and strengthen your nervous system.**



You can use this guide when you are feeling activated and triggered, but there are also techniques here, that you can start to use daily to tone your vagus nerve and create nervous system flexibility.

When you are feeling emotionally triggered and activated;

Use these techniques when you feel emotionally dysregulated and reactive (angry, anxious, craving, stressed). These techniques will help stimulate your vagus nerve to bring you back in to a calm, grounded state.

1. Cold Water Therapy

Splash cold water over your face, or even better, place an ice pack against your face, particularly between your eyes and cheek bones. Hold your breath for 30 seconds while you do this. It stimulates your primal dive reflex and instantly reduces your heart rate, increases blood flow to the brain and reduces anger, panic and stress.

2. VOO Breathing

Take a big breath in, and as you exhale, make the 'VOO' sound in a deep guttural tone as slow and for as long as you can. Really feel the vibration resonate through your body. Repeat for 3-5 minutes. This technique helps tone the vagus nerve, and brings you back in to a calm state.

3. Jump

The simple act of jumping up and down on the spot is powerfully effective in discharging your activated energy and will help to regulate your nervous system and bring to back to a grounded state.

4. Hold your breath

Take a big breath and hold it for as long as you can. It's that simple. Then let it go using a long and slow exhale. This action will slow your heart rate and begin to bring you back in to a more regulated and balanced emotional state.



To support and strengthen your nervous system.

Use these tools to strengthen and tone your vagus nerve and support you to be able to return to a calm and centred state faster when you are emotionally triggered.

I recommend using these exercises as part of your daily self-care ritual to really begin to experience the benefits. You will notice such a difference in the way you respond to your triggers once to start to consistently use these techniques.

1. Humming

As simple as it sounds; humming stimulates and tones the vagus nerve, as this nerve travels through your vocal cords and inner ear. So, hum your favourite tune, or make the 'ohm' sound and enjoy the vibrations in your chest, throat and head.

2. Conscious Breathing

Inhale slowly through your nose for the count of 5. Hold your breath for the count of 2, exhale slowly through your nose for the count of 7 with a slight constriction at the back of your throat like you're trying to fog up a mirror. Continue this breathing for 2-3 minutes, to help tone your vagus nerve.

3. Cold Water Therapy

Try finishing your shower with just the cold water on, letting it run over your whole body. This is a wonderful way to support and strength your nervous system, stimulate blood circulation, regulate emotions and also strengthen your immune system.

4. Singing

The simple act of singing can lower cortisol levels, relieve stress and tension, reduce blood pressure and activate your parasympathetic nervous system (your calm emotional state). So, turn up the music and belt out some tunes. Sing your heart out!

Remember that consistency and intention is so powerful and important for your healing journey. Bring positive and loving intentions to this practice and make it a regular ritual so that you can empower yourself to regain calm, peace and emotional regulation.

Note; the vagus nerve is part of your parasympathetic nervous system that activates feeling states of safety and connection, clarity and calm.